

Wellington Primary Care Partnership



Wellington Health Promotion Network **Minutes**

18th October 2011

9.30am – 10:30am

Conference Room
CGHS

Chair: David Roberts **Minutes:** Barb Radley

Attendees:
 Barb Radley - Health Promotion Coordinator, Wellington Primary Care Partnership
 Tara Smark – Project Officer, Wellington Primary Care Partnership
 Brenton Dinsdale – GippSport
 David Roberts – Active After School
 Debbie Mitchell – Regional Health Promotion Advisor, Department of Health
 Jenny Feist – Health Promotion Officer, Yarram & District Health Service
 Julie Fitt – Wellington Best Start Facilitator, UnitingCare Gippsland
 Sheryl McHugh – Transport Project Coordinator, Wellington Shire Council
 Marieta Sears – School Nurse, Maffra Secondary College
 Jo Cockwill, Executive Officer, Wellington Primary Care Partnership
 Emily Herbstreit, Student Welfare Officer, Maffra Secondary College
 Selena Gillham, Physical Activity Strategy Officer, Wellington Shire Council
 Janne McPhie, Community Development Officer, Yarram and District Health Service
 Joanna Poon, Dietetics Student
 Natalie Lim, Dietetics Student
 Susan Morgan, Div. 2 Nursing Student

1: Welcome

1.1 Introductions
 The Chair extended a warm welcome to all new attendees of the Wellington Health Promotion Network.


1.2 Apologies
 Clare Heath, Deb Milligan, Darren Randle, Sarah Corbell, Craig Horn, Chris Rush, Stephanie Cohen, Dawn Martin, Leanne Wishart, Janet Minos, Jan Tracey, Rebecca Mazengarb, Karen McLennan, Linda Curtis, Ruth Churchill, Diane Wilkinson

2 Confirmation of previous minutes (16th August 2011)
 Confirmed: **Jenny Feist** Seconded: **Julie Fitt**


 WHPN Minutes 16 08
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Business Arising (actions from previous meeting)

2.1 Orientation /Induction Resource
 Members who have not yet submitted their completed organisational template for collation by Wellington PCP are encouraged to still do so. Wellington Shire Council staff who are members of the network will each submit a completed template outlining details specific to their individual programs.


 Organisation Details
 Template.docx

Action:
Agencies to each complete template outlining their projects

2.2 Wellington Health Promotion Catchment Plan Progress Report
 Following approval from the WPCP Board, the Wellington Health Promotion Catchment Plan Progress

	<p>Report July 2010-June 2011 was submitted to the Department of Health in September, in conjunction with the Festival for Healthy Living Phase 2 case study. Member agencies were thanked for their contributions to the report.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  2 Progress Report HP Catchment Plan Ju </div> <div style="text-align: center;">  Festival for Healthy Living Case study _2_ </div> </div>
2.3	<p>Most Significant Change Technique Training Update</p> <p>The date for the Most Significant Change Technique training to take place was changed to October 24th and 25th due to low numbers for the original training dates in September. There was a positive response to this with the training taking place in Sale at no cost to agency members.</p> <div style="text-align: center; margin-top: 10px;">  Most Significant Change Training flyer </div>
2.4	<p>Report on Partnerships Survey Results</p> <p>B. Radley provided an update on the response to the partnerships analysis survey which members are requested to complete and the importance of obtaining a reasonable sample from the network to establish a reflective snapshot. The survey can be accessed via the following link and takes approximately five minutes to complete: http://www.surveymonkey.com/s/6W28255</p> <p><i>Action:</i> <i>Survey to be completed by member agencies</i></p>
3	<p>General Business</p>
3.1	<p>WPCP Catchment Plan Review</p> <p>B.Radley explained some minor changes that have now been made to the WPCP Health Promotion Catchment Plan 2009-2012 in consultation with the Department of Health. Strategies that have had little or no implementation over the past two years have undergone a review and selected interventions in the Physical Activity and Mental Health and Wellbeing priority areas have been removed or re-aligned to other objectives. There is scope for the inclusion of new strategies or programs, once program logic and an evaluation plan have been developed and approved.</p> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  1_Revised WPCP Health Promotion Cat </div> <div style="text-align: center;">  Wellington Health Promotion Catchment </div> </div>
3.2	<p>Looking Ahead: Wellington Health Promotion Catchment Plan 2012 - 2015</p> <p>The planning process for the 2012 – 2015 WPCP Health Promotion Catchment Plan will commence in February 2012. J. Cockwill advised that members will be consulted in regards to how their agencies would like to see the process undertaken, with suggestions welcomed. It is projected that the next WPCP Health Promotion Plan will be closely aligned with the Wellington Community Wellbeing Plan with the development of strategies within priority areas. The plan will need to have a strategy included that reflects the next planning phase that will be undertaken (building of capacity). This should document the planning process, be substantiated by evidence on key issues, and state who the partners are.</p> <p>D. Mitchell advised members that the Victorian Public Health and Wellbeing Plan was released on the 1st September. The Gippsland Health Promotion Task Group will be looking towards taking a regional approach for the 2012-2015 planning cycle and defining priorities in the catchment. Interventions will then be selected which are consistent with the plan. There will be an emphasis on aligning the next catchment plan with local government wellbeing plans.</p> <p>http://www.health.vic.gov.au/prevention/vphwplan</p>
4	<p>Project Updates</p>

Debbie

- The Gippsland Health Promotion Conference was a great success and Debbie thanked all of those who attended and contributed by submitting abstracts. There was an increase in the number of posters compared to the previous conference. Debbie commended the conference organising committee for their efforts, in particular the Committee Chair, Rachael Dooley.

Sheryl

- Currently developing a proposal to make a submission to the Transport Innovations Fund. Agencies in Wellington who have a project that fits within the funding guidelines are encouraged to discuss with Sheryl so that they can be included in a multi-initiative application. Each Transport Connections Program (TCP) project can apply for up to \$75,000 with up to \$85,000 for regional initiatives which involve two or more Transport Connections project areas (for example, Wellington and East Gippsland). The deadline for applications in this round is the 9th December.



Innovation_Fund_Guidelines_-_Sept_2011

- Working on the Virtual Visiting proposal in conjunction with WPCP. A pilot will be undertaken in collaboration with Stretton Park Hostel which utilises the Broadband for Seniors package. Volunteers will be up-skilled in delivering support to aged care residents and their families in using Skype and other forms of social media. A partnership is being developed with local secondary schools with a view to students being involved in sharing computer skills as part of the Duke of Edinburgh Award and community participation activities. EGTAPE have been consulted and a training package is being developed for the project with units of competency established. Further discussions with Workways will take place regarding New Start participants being engaged in volunteer roles with the project.

<http://www.health.gov.au/internet/main/publishing.nsf/Content/ageing-virtual-visiting-res-kit>
<http://www.necseniors.net.au/>

Leanne

- Mobility maps: a survey was distributed in September, in the areas of Sale, Maffra, Heyfield, Rosedale, Yarram and Stratford. The surveys will seek to learn what the community would like to see established in their region and will be collated following the closing date on the 28th October. There has been some interest from consultants for this process.

Brenton

- No Boundaries Cricket was launched on the 16th October with 8 teams now established across Gippsland. The program is open to all ages and volunteers are being sought to coach teams.
- RecSpo will take place at the Gippsland Regional Sports Complex in Sale on the 22nd November. The event will showcase 10 different sports for those with a vision impairment to be involved in. Local sports clubs will be in attendance so participants are able to link with clubs.



Gippsland Recspo
2011 flyer.pdf

Selena

- Working on the WSC Walking and Cycling Strategy. A suitable consultant is being sought for mapping within the 6 main towns within Wellington Shire which are included in the strategy. Submissions closed on the 18th October. The working group continues to meet on a regular basis.
- Selena is seeking feedback on the Great Walks in Wellington brochure as currently there is no electronic copy available. The consultants will refer to the booklet.

David:

- Working with schools and clubs to make involvement in sport a fun activity with an emphasis on a less formalised structure, for children who would be most likely to be non-engaged in sporting activities. Students from Maffra Secondary College Future Leaders Program have been recruited as volunteer coaches to lead the AAS programs and act as mentors to young students.
- Sale College have been involved in the organising and facilitation of the Indigenous Games, to

take place in Sale on the 21st October. Students will also be presenting the Welcome to Country at the games.

Marieta

- Funds were successfully raised during the Maffra Mardi Gras for an adolescent playground which has now been installed at Maffra Secondary College. The response from students has been very positive.
- Marieta introduced Emily Herbstreit, Student Welfare Officer at Maffra Secondary College, to the meeting

Julie

- Uniting Care Gippsland is progressing towards being an accredited Breastfeeding Friendly Workplace and Julie is supporting the Leongatha office to reach similar status
- Currently involved in the Breastfeeding Working Group and Kindergarten Participation Working Group
- Sue Gray (CGHS) has been assisting with the development of a presentation on Breastfeeding Friendly Workplaces to present to different agency staff groups
- Julie is visiting kindergartens and child care centres to introduce the idea of becoming *Breastfeeding Friendly Here* sites
- Julie pointed out that some families (particularly those who are vulnerable) are experiencing hardship in paying the upfront fee when enrolling a child in kindergarten
- Investigating what up-skilling is required by early childhood staff in supporting vulnerable families
- Attended an Early Years forum in September which looked at the National Quality Framework and Quality Assessment process that is beginning in kindergartens in January 2012.

Bec

- Presented a poster at the Gippsland Health Promotion Conference in conjunction with Michelle Elwell entitled *Training Ramahyuck Aboriginal Health Workers in the 'Living Strong' Healthy Lifestyle Program*
- Working in conjunction with the Sale Sport and Rec Committee in facilitating the 'Come and Try' Indigenous Games day
- 2009-2011 *Close the Health Gap* plans have been submitted and approved by DoH
- 2009-2011 *Close the Health Gap* reports have been submitted to DoH
- Currently working on the 2011-2012 *Close the Health Gap* plans for the three sites
- Developing a relationship with Surfing Victoria with two surfing days held early in October, at Sandy Point and Inverloch; at least 25 youth attended each day
- All three Ramahyuck sites have a dedicated Tobacco Action Worker. Michael Liddy from LCHS has developed the Tobacco Action Network which meets on a monthly basis.

Tara

- Currently working on Kids - 'Go For Your Life' is assisting the final 6 schools to reach Award status before the end of the year, before the new initiative commences in 2012 which will replace KGFYL
- There will not be a HP worker at CGHS until Linde Coggan returns from parenting leave; consequently Tara is currently working on Smiles for Miles
- Lap the Lakes will take place on the 27th November and Tara has been accepting enquiries regarding registration and is assisting with promotion of the event.

Jenny

- Indigenous Pit Stop golf day in Yarram – well attended event with health check stations manned by local health professionals; another similar event is planned for Wonthaggi
- Jenny is involved in the Developmental Delay Support Group for families of pre-school and primary age children
- The Festival for Healthy Living Phase 2 has now been completed with positive outcomes documented
- Janne McPhie has commenced with Yarram and District Health Service and her role involves working with support groups and improving communication between health professionals, allied health and participants
- Relationships Australia is coordinating the Women's Forum in Yarram on the 26th November;

Jenny is seeking any information or resources which could be included in show bags that will be provided to forum participants.



Women's Forum
2011.pdf

Action:

Resources / brochures can be forwarded to Jenny- All

Barb

- Working in collaboration with Sheryl McHugh in planning the Virtual Visiting pilot project, engaging partners and building capacity with stakeholders
- Community Kitchens: supporting current CKs in Wellington with volunteer drivers where required and professional development.

Natalie and Joanna (students)

- A survey was completed with attendees of Gippsland Regional Sports Complex and Aqua Energy regarding food served at the canteens of each venue under the supervision of Selena Gillham. Natalie and Joanna have been preparing a report which will make recommendations to Wellington Shire Council and have delivered a presentation on Ready, Set, Go Healthy Choices as a result of the survey.

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Next Meeting

Tuesday 20th December 9.30am – 11.30am

Conference Room, Central Gippsland Health Service

Chair – It was decided that the final meeting for 2011 will be an informal gathering with an end of year morning tea provided by WPCP.

Agenda items –

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Meeting Closed 10.30am